Try not to drink large amounts of fluids before or with meals. This may make you feel full and reduce your appetite.

Choose ordinary fruit juices, squashes and fizzy drinks. Avoid sugar free and diet versions.

Replace some tea and coffee with milky drinks.

Try the following homemade nourishing drinks & recipes ideas. These can be used to supplement the diet and provide additional Calories, Protein, Vitamins and Minerals

**FORTIFIED FULL FAT MILK**

1 pint of full fat milk + 4 tablespoons dried skimmed milk powder daily e.g: Marvel or supermarket own brand. 510 Kcals, 31g Protein in 568 mls (1 pint)

1. Mix the 4 tablespoons of dried skimmed milk powder with some of the full fat milk to make a runny paste.
2. Add the rest of the pint of full fat milk.
3. Once made, store it in the fridge as normal and use during the day.

- Drink plain
- Make into a hot milky drink, e.g: Hot chocolate, Cocoa, Ovaltine, Horlicks, Coffee.
- Make into a cold milkshake by using Nesquick powder or Crusha Syrup to flavour. Available in Strawberry, Raspberry, Banana and Chocolate flavours.
- Add to Cereals, Soups, Sauces, Puddings and use in cups of tea and coffee.

For extra nourishment, add 1 tablespoon of double cream or a scoop of ice cream.

**FORTIFIED FRUIT JUICE**

Choose a fruit juice with no bits eg: Mango, Pineapple, Apple, Cranberry or Orange. Mix 200 mls fruit juice + 4-5 teaspoons of dried skimmed milk powder eg: Marvel or supermarket own brand. 150 Kcals, 5g Protein in 200 mls.

1. Mix the 4-5 teaspoons of dried skimmed milk powder with some of the fruit juice to make a runny paste.
2. Add the rest of the 200 mls fruit juice.

**RECIPEs**

### Raspberry Refresher

**Serves 1**

- 100 mls fortified milk
- 2 teaspoons honey
- Thick and creamy raspberry yoghurt

361 Kcals 11g Protein


### Choco-lat Milkshake

**Serves 1**

- 200 mls fortified milk
- 2 Scoops Chocolate Ice cream
- 3 teaspoons chocolate milkshake powder

351 Kcals 15g Protein

1. Mix chocolate milkshake powder with a little of the fortified milk to make a paste.

### Orange & Mango Cooler

**Serves 1**

- 100 mls fortified orange & mango juice
- 100 mls lemonade
- 1 scoop vanilla ice cream

270 Kcals 8g Protein

1. Make up fortified juice by adding 1 tablespoon skimmed milk powder to 50 ml juice to make a paste. Add in remaining juice.

### Iced Latte

**Serves 1**

- 200 mls fortified milk
- 1 teaspoon instant coffee powder
- 1 scoop ice cream
- 1 tablespoon double cream

370 Kcals 13g Protein

1. Mix all ingredients together & stir until ice cream has melted. Serve chilled.
### Fruit Smoothie

**Serves 1**

- 200 mls fortified milk
- ½ carton thick & creamy, fruit yoghurt
- 1 scoop ice cream
- Strawberries, Raspberries, Banana or any soft fruit in season (50g – 80g)

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<th>Protein</th>
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1. Place fortified milk, fruit yoghurt, ice cream, and soft fruit into a blender until smooth. Serve chilled.

### Luxury Hot Chocolate

**Serves 1**

- 200 mls fortified milk
- 3 teaspoons of hot chocolate powder
- 2 tablespoons double cream
- Whipped cream
- Marshmallows

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1. Mix fortified milk with the double cream & warm.
2. Add to hot chocolate powder. Stir until dissolved.
3. Top with whipped cream and add marshmallows.

### Strawberry Milkshake

**Serves 1**

- 200 mls fortified milk
- 3 round teaspoons of strawberry milkshake powder
- 1 tablespoon double cream

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1. Mix strawberry milkshake powder with a little of the fortified milk to make a paste.

### Hot Mocha

**Serves 1**

- 200 mls fortified milk
- 3 teaspoons hot chocolate powder
- 1 teaspoon instant coffee powder
- 2 tablespoons double cream

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1. Mix fortified milk with double cream & warm.
2. Add to hot chocolate & instant coffee powder. Stir until dissolved.

### Creamy Soup

**Serves 1**

- 200 mls fortified milk
- 2 tablespoons double cream
- 1 sachet of Cup a Soup

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1. Mix fortified milk with double cream & warm.
2. Add to Cup a Soup powder. Stir until dissolved.

### MILK FREE

### Banana & Peanut Butter Smoothie

**Serves 1**

- 5g sachet of dried egg white powder. (Dissolve in 6 teaspoons of water)
- 1 banana
- 1 tablespoon Peanut butter
- 1 tablespoon honey
- 60 mls water

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1. Make up egg white mixture. Set aside.
2. Blend all other ingredients until smooth.
3. Add egg white mixture. Stir. Serve chilled.

Recipes by:
Laura, Bethany & Charlotte (Student Dietitians 2017)